

COSE DELLA VITA

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Count: 64

Wall: 2

Level: Intermediate/Advanced level

Choreographer: Alan Birchall

Music: Cose Della Vita (CD: All The Best (Cd2) BPM: 90) by Tina Turner & Eros Ramazotti

Music: - Start: On Vocals Count: 64 Secs: 32

FRONT SAILOR TURN, STEP, TURN, STEP, STEP ½ PIVOT, FULL TRIPLE TURN WITH PRESS

- 1&2** Cross Right Over Left, Make ½ Turn Right Stepping Left To Left, Step Forward On Right (6 '0' Clock)
- 3&4** Step Forward On Left, Make ½ Turn Right, Step Forward On Left (12 '0' Clock)
- 5-6** Step Forward On Right, ½ Pivot Left (6 '0' Clock)
- 7&8** Full Triple Turn Left, Stepping, Right, Left, Right End Pressing Forward On Right To Stop Suddenly (6 '0' Clock)

Alternative For 7&8: Right Shuffle Forward End Pressing Forward On Right To Stop Suddenly (6 '0' Clock)

STEP BACK x 2, CROSS BEHIND, UNWIND ¾, SIDE SHUFFLE, ¼ TURN, SIDE SHUFFLE

- 9-10** Step Back On Left, Step Back On Right
- 11-12** Sweep Left Around Behind Right, Unwind ¾ Turn Left (Weight Ends On Left Facing 9'0' Clock)
- 13&14** Make Small Side Shuffle To Right Bumping Hips, Right, Left. Right
- 15&16** Make ¼ Turn Left (6 '0' Clock) Making Small Side Shuffle Bumping Hips Left, Right, Left

¼ TURN SIDE SHUFFLE, BEHIND, SIDE, IN FRONT, WALK, RONDE ½ TURN, TOUCH

- 17&18** Make ¼ Turn Left (3 '0' Clock) Making Small Side Shuffle Bumping Hips Right, Left, Right
- 19&20** Cross Left Behind Right, Step Right To Right, Cross Left Over Right
- 21-22** Walk Forward Crossing Right Over Left, Then Left Over Right,
- 23-24** Sweep Right Around Left Making ½ Turn Left, Touch Right Next To Left - Weight Ends On Left (9 '0' Clock)

PRESS/LUNGE, RECOVER, SAILOR STEP, HINGE TURNS, ¼ STEP, TURN, STEP

- 25-26 Press/Lunge Right To Right, Recover On Left
- 27&28 Cross Right Behind Left, Step Left To Left, Step Right In Place
- 29-30 Make ½ Hinge Turn Right Stepping Left To Left (3 '0' Clock), Make ½ Hinge Turn Right Stepping Right To Right (9 '0' Clock)
- 31&32 Make ¼ Hinge Turn Right Stepping Forward On Left, ½ Pivot Right, Step Forward On Left (6 '0' Clock)

Alternative For 29 - 32: Make ¼ Turn Walk Forward Left (29), Right (30), Left (31) ½ Pivot (&), Step Forward (32)

SYNCOPATED ROCK TURN, STEP, SIDE SHUFFLE, CROSS MAMBO

- 33& Rock Forward On Right, Recover On Left
- 34& Turning To Face 9 '0' Clock Wall Rock Right To Right, Recover On Left
- 35-36 Turning To Face 12 '0' Clock Wall Step Forward On Right, Step Forward On Left
- 37&38 Step Right To Right, Step Left By Right, Step Right To Right (Bumping Hips)
- 39&40 Rock Left Over Right, Recover On Right, Step Left To Left

CROSS, ¼ TURN, STEP, CROSS, SHUFFLE TURN, COASTER STEP

- 41-42 Cross Right Over Left, Making ¼ Turn Right Step Back On Left (3 '0' Clock)
- 43-44 Step Right To Right, Cross Left Over Right
- 45&46 Make 3/8th Shuffle Turn To Left Stepping Right, Left, Right (11 '0' Clock)
- 47&48 Step Back On Left, Step Right By Left, Step Forward On Left

PRESS, RECOVER, LOCK STEP, ½ SHUFFLE TURN, LOCK STEP

- 49-50 Press Forward On Right, Recover On Left Kicking Right Forward
- 51&52 Step Back On Right, Step Lock Left Over Right, Step Back On Right
- 53&54 Make ½ Shuffle Turn Left Stepping Left, Right, Left (5 '0' Clock)
- 55&56 Step Forward On Right, Lock Left Behind Right, Step Forward On Right

ROCK, RECOVER, CROSS, SIDE SHUFFLE, CROSS ROCK, RECOVER, SIDE SHIFFLE

- 57&58 Turning Slightly Right To Face 6 '0' Clock Rock Left To Left, Recover On Right, Cross Left Over Right
- 59&60 Step Right To Right, Step Left By Right, Step Right To Right (Bumping Hips)
- 61-62 Cross Rock Left Over Right, Recover On Right

63&64 Step Left To Left, Step Right By Left, Step Left To Left (Bumping Hips)

START AGAIN

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=73105